



TRICARE[®]

Your Military Health Plan

TRICARE Prime Remote and TRICARE Prime Remote for Active Duty Family Members

Updated February 2014



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What is TRICARE?

The Affordable Care Act

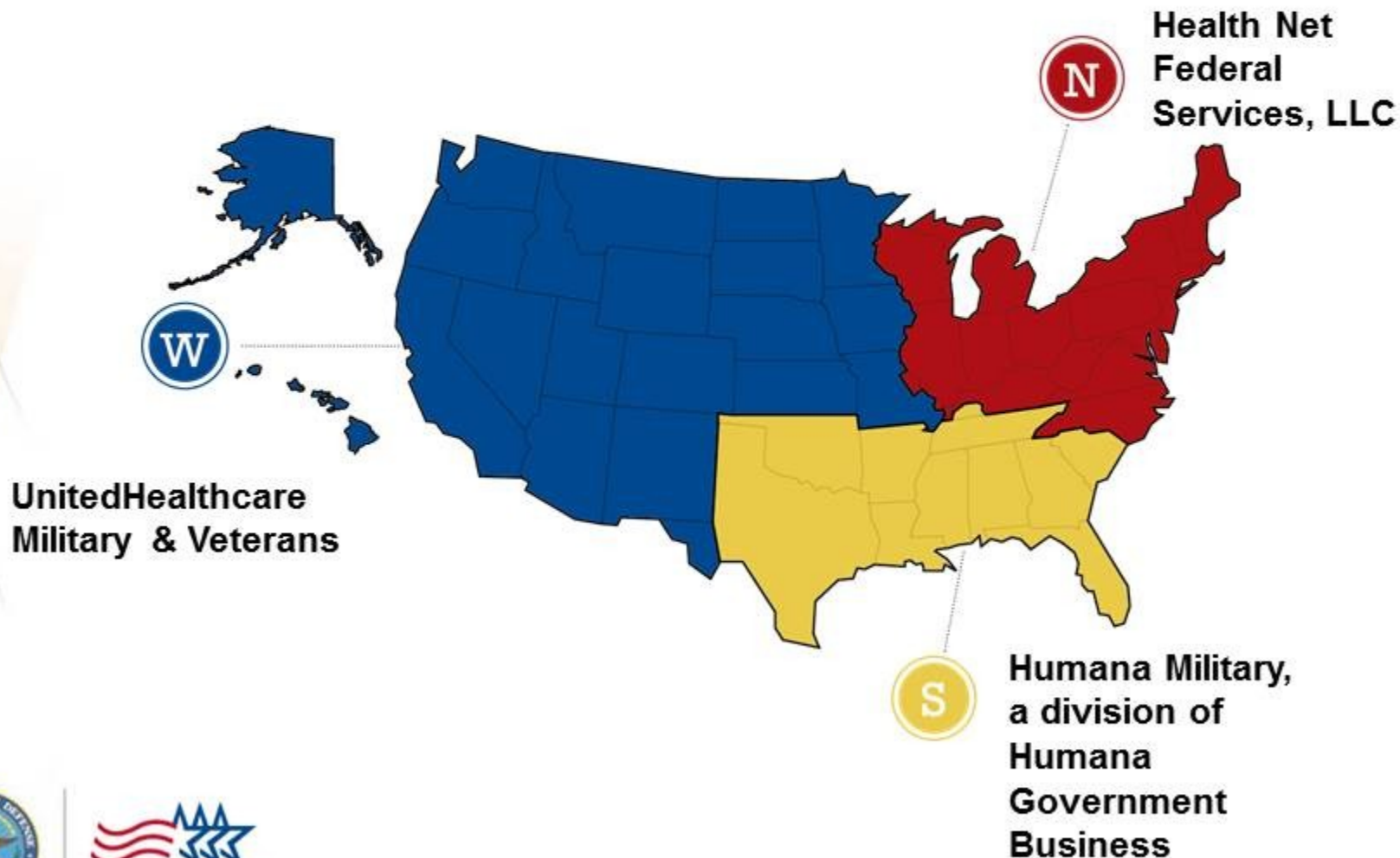
- With TRICARE, you and your family have minimum essential coverage required under the Affordable Care Act, as long as you:
 - Maintain your TRICARE program option (*including staying up to date on payments for premium-based plans*).
 - Keep your DEERS information up to date.
- Minimum essential coverage must be in place by January 1, 2014. Most people who do not meet this provision of the law will be required to pay a fee for each month they do not have adequate coverage. This fee will be collected with your 2014 tax returns.
- Should you lose your TRICARE coverage at any time, you can find other health care coverage options at **www.healthcare.gov**.
- For more information, visit **www.tricare.mil/aca** or call your TRICARE regional contractor.



What Is TRICARE?

TRICARE Stateside Regions

TRICARE is available worldwide and managed regionally.



What Is TRICARE?

Keep Your DEERS Information Up To Date

Registration in DEERS is key to TRICARE eligibility

- Defense Enrollment Eligibility Reporting System (DEERS)
- To verify eligibility and update information:
 - Online: **<http://milconnect.dmdc.mil>**
 - Phone: **1-800-538-9552**
 - Fax: **1-831-655-8317**
 - Find a uniformed services identification (ID) card-issuing facility: **www.dmdc.osd.mil/rsi**
- Proper documentation is required.
- For more information, visit **www.tricare.mil/deers**.



TRICARE Prime Remote Options

- TRICARE Prime Remote (TPR) is similar to TRICARE Prime, but is available to ADSMs living and working in remote locations.
- TRICARE Prime Remote for Active Duty Family Members (TPRADFM) is available to eligible active duty family members, including survivors, who live at the TPR-enrolled sponsor's address.
- Enrollment is required and beneficiaries receive care from TRICARE network providers (*or a TRICARE-authorized provider if a network provider is unavailable*).
- There are no annual enrollment fees for ADSMs and ADFMs enrolled in TPR or TPRADFM.



TRICARE Program Coverage

Eligibility

You may be eligible for TPR or TPRADFM if you are:

- An ADSM who lives **and** works more than 50 miles (*or an hour's drive time*) from a military hospital or clinic
- An ADFM who lives with a TPR-enrolled sponsor, or a transitional survivor
- A National Guard and Reserve member called or ordered to active service for more than 30 consecutive days who lives and works in a TPR-qualifying location
- A family member of a National Guard or Reserve sponsor who is called or ordered to active service for more than 30 consecutive days and who lives with a TPR-enrolled sponsor **at the time of activation**



TRICARE Program Coverage

Enrollment and Costs

- Complete and submit a *TRICARE Prime Enrollment, Disenrollment, and Primary Care Manager (PCM) Change Form* (DD Form 2876) available at any TRICARE Service Center or from **www.tricare.mil/forms**.
- For ADSMs, coverage is effective on the day the form is received by the regional contractor. ADSMs must enroll in TPR, if eligible.
- For ADFMs, the 20th-of-the-month rule applies.
- There are no annual enrollment fees for ADSMs and ADFMs enrolled in TPR or TPRADFM. For cost information, visit **www.tricare.mil/costs**.



TRICARE Program Coverage

Primary Care Manager

- TPR and TPRADFM enrollees will receive most care from a primary care manager (PCM).
- Your PCM will:
 - Provide preventive services and care for routine illnesses or injuries
 - Coordinate access to urgent care
 - Manage referrals to specialists or hospitals, if needed
- If more than one network PCM is available, you may choose the PCM you prefer.
- If no network PCM is available, you may use a TRICARE-authorized provider.



TRICARE Program Coverage

Routine Care

- Routine care includes general office visits for the treatment of symptoms, chronic or acute illnesses and diseases, and follow-up care for an ongoing medical condition.
- Routine care also includes preventive care services to help keep you healthy. You will receive most of your routine or primary care from your PCM.
- Visit **www.tricare.mil/coveredservices** for more information.

Note: ADSMs always require referrals for any civilian care, including clinical preventive services, behavioral health care, and specialty care (*except for emergency services*).



Specialty Care

- PCMs coordinate care with the regional contractor.
- For ADSMs, the regional contractor will refer all specialty care requests to the service point of contact (SPOC), who reviews all requests and assesses if the ADSM needs a fitness-for-duty determination.
- Contact the Military Medical Support Office Customer Service line at **1-888-MHS-MMSO (1-888-647-6676)** for more information.
- Specialty care referrals for TPRADFM are managed by the regional contractor, not the SPOC.
- When referred for specialty care more than 100 miles from your PCM's office, you may be eligible for travel reimbursement.



TRICARE Program Coverage

Point-of-Service Option for Family Members

- The point-of-service (POS) option allows TPRADFM enrollees to receive nonemergency health care services from any TRICARE-authorized provider without a referral for higher out-of-pocket costs.

Charges	Individual	Family
POS deductible per fiscal year (FY) (October 1–September 30) for outpatient care only	\$300	\$600
POS cost-share for outpatient care	50% of TRICARE-allowable charge after annual POS deductible is met	
POS cost-share for inpatient care	50% of TRICARE-allowable charge after annual POS deductible is met	
Any additional charges by nonparticipating providers	The beneficiary is responsible for payment. Nonparticipating providers in the United States can charge up to 15% above the TRICARE-allowable charge for services.	



Emergency and Urgent Care

- In an emergency, call 911 or go to the nearest emergency room.
 - Notify your PCM within 24 hours or on the next business day following admission to coordinate ongoing care and to ensure you receive proper authorization.
- Urgent care must be coordinated with your PCM and/or provider.
 - If not, POS fees will apply.



Behavioral Health Care Services

- ADSMs must have a referral and prior authorization for **all** behavioral health care.
- Family members may obtain the first eight behavioral health outpatient visits to a network provider for a medically diagnosed and covered condition per fiscal year (*October 1–September 30*) without a PCM referral or prior authorization from your regional contractor.
 - After the first eight visits (*ninth and beyond*), prior authorization from your regional contractor is required.
- Inpatient care always requires prior authorization, except in an emergency.



TRICARE Program Coverage

TRICARE Young Adult (TYA)

- You may generally purchase TYA coverage if you are all of the following:
 - A dependent of a TRICARE-eligible uniformed service sponsor
 - Unmarried
 - At least age 21 (*or age 23 if previously enrolled in a full-time course of study at an approved institution of higher learning and if the sponsor provided at least 50 percent of the financial support*), but have not yet reached age 26
- You may **not** purchase TYA coverage if you are:
 - Eligible to enroll in an employer-sponsored health plan as defined in TYA regulations
 - Otherwise eligible for TRICARE program coverage
 - Married

For more information, visit www.tricare.mil/tya.



TRICARE Benefit Information

TRICARE Pharmacy Program

Pharmacy Option	Formulary Drugs		Non-Formulary Drugs
	Generic	Brand Name	
Military Pharmacy (up to a 90-day supply)	\$0	\$0	Not Applicable
TRICARE Pharmacy Home Delivery (up to a 90-day supply)	\$0	\$13	\$43
Retail Network Pharmacy (up to a 30-day supply)*	\$5	\$17	\$44

*If you want to have a 90-day supply of your prescription filled, you will pay the copayment for each 30-day supply.

Express Scripts, Inc. Web site: www.express-scripts.com/TRICARE
Phone: 1-877-363-1303



Dental Program Options

- Active Duty Dental Program (ADDP)
 - Available to ADSMs
 - Administered by United Concordia Companies, Inc.
 - Care is received through military dentist referrals for civilian dental care
 - For more information, visit **www.addp-ucci.com**.
- TRICARE Dental Program (TDP)
 - Available to qualifying ADFMs and National Guard and Reserve members and their families, and survivors
 - Administered by MetLife
 - For more information, visit **www.metlife.com/tricare**.



Other Important Information

Social Security Number Reduction

- In an effort to protect the privacy of TRICARE beneficiaries, DoD is removing Social Security numbers (SSNs) from military ID cards, including the Common Access Card.
- Your new ID card will have one or both of the following:
 - A 10-digit DoD ID number
 - An 11-digit DoD Benefits Number (*printed on the back of the card and used for filing claims*), if eligible for DoD benefits
- You will not need a new ID card until your old card expires.
- For more information, visit **www.tricare.mil/ssn**.
- **Note:** The DoD ID number that appears on the front of the ID card should **not** be used when filing claims.



For Information and Assistance

Stateside Regional Contractors

TRICARE North Region

Health Net Federal Services, LLC
1-877-TRICARE (1-877-874-2273)
www.hnfs.com

TRICARE South Region

Humana Military, a division of
Humana Government Business
1-800-444-5445
Humana-Military.com

TRICARE West Region

UnitedHealthcare Military & Veterans
1-877-988-WEST (1-877-988-9378)
www.uhcmilitarywest.com

General Contact Information

Contact Us: www.tricare.mil/contacts
Military Medical Support Office:
www.tricare.mil/mmso

Overseas Regional Contractor

International SOS Assistance, Inc.
www.tricare-overseas.com

Eurasia-Africa:

+44-20-8762-8384 (*overseas*)
1-877-678-1207 (*stateside*)

Latin America and Canada:

+1-215-942-8393 (*overseas*)
1-877-451-8659 (*stateside*)

Pacific:

Singapore: +65-6339-2676 (*overseas*)
1-877-678-1208 (*stateside*)
Sydney: +61-2-9273-2710 (*overseas*)
1-877-678-1209 (*stateside*)

Connect with TRICARE Online!

TRICARE SMART Site: www.tricare.mil/smart
TRICARE Media Center: www.tricare.mil/media

